

Cafeteria Coaching



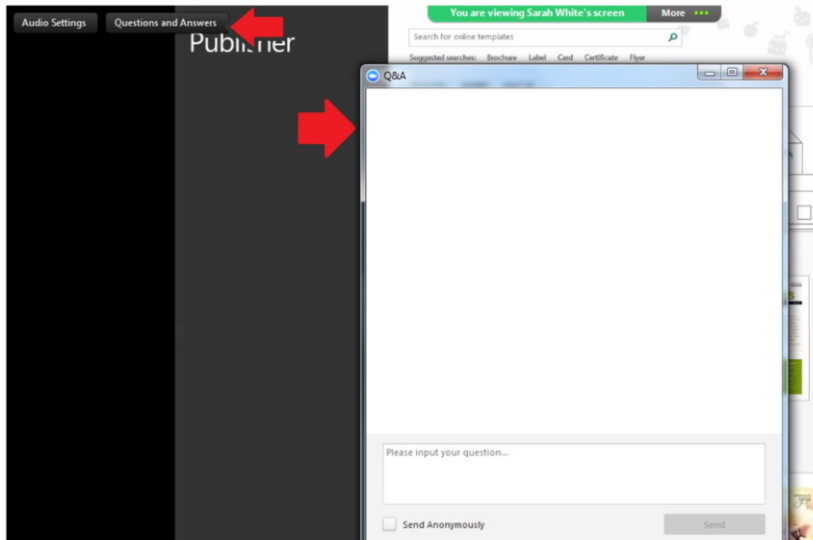
**A New Avenue for
Youth-led Engagement
in our Schools**

Laura Liechty, RD, LD
ISU Extension & Outreach
NE Iowa Food & Fitness Initiative

Patti Delger RD, LD
Carrie Scheidel, MPH
Iowa Department of Education

IOWA STATE UNIVERSITY
Extension and Outreach

If at any point during the webinar you have a question please click on the Questions and Answers button to bring up the Q&A box. Type your question and click "Send".



Team Nutrition

- Improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines and MyPlate
 - Training and technical assistance to Foodservice
 - Fun and interactive nutrition education
 - School wellness policy development, implementation and assessment



School Meals 101

- 362,000 Iowa children receive school lunch each day
- Meals are based on USDA nutrition standards
- Increase access to healthy food and encourage kids to make smart choices
 - Whole grains
 - More fruits and vegetables
 - Low-fat dairy products
 - Lower sodium foods
 - Less saturated fat
 - No trans fat



Just Because...

- Healthier food is served, doesn't mean it's eaten
 - Unfamiliar with food?
 - Don't know how to eat it/peel it, etc.?
 - Limited seat time during meal service?



It's not nutrition
...until it's eaten!



The Solution

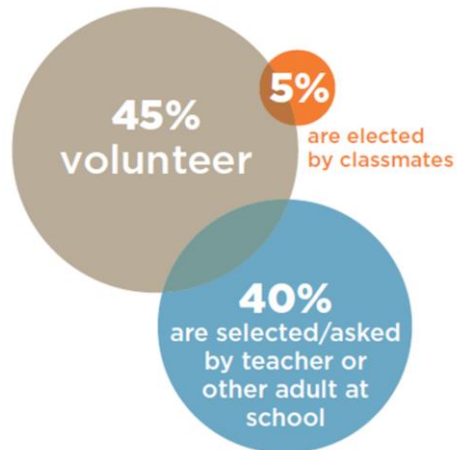
- **Connect to the Cafeteria**
 - Come with solutions
 - Increase participation
 - Increase consumption
- **Involve students!**
 - Critical in making changes
 - Provide input they are more likely to support healthy changes



Football Players
Promoting Breakfast



How do students become wellness leaders at school?



Based on 2014 Fuel Up to Play 60 student survey.

Students are often interested in making their schools and communities healthier. Because many of the changes you are implementing through your wellness policy directly impact students, gaining their input and support ultimately will enable change to happen more quickly. Students are often the best advocates for healthy schools and are able and articulate spokespeople with school decision makers and community members.

“Who better to make decisions than the ones who will live with the consequences of those decisions? In my experience, youth are more likely to follow what their peers say than instructions from adults.”

Chris, age 14, Richland High School, Washington

“With their enthusiasm, energy, and optimism, youth make things happen in school, even as adults are claiming that it takes too much time, costs too much money, or that kids will never accept it. Energized students need adults who will support them.”

Robert Murray, MD,
American Academy
of Pediatrics and
Ohio State University

Visit the interactive report at www.GENYOUthFoundation.org

Cafeteria Coaching



**A New Avenue for
Youth-led Engagement
in our Schools**

Laura Liechty, RD, LD

Region 4 Youth & Nutrition Coordinator
Iowa State University Extension & Outreach
NE Iowa Food & Fitness Initiative

IOWA STATE UNIVERSITY
Extension and Outreach

Training Objectives

- Define Cafeteria Coaching
- Learn the Roles of a Cafeteria Coach
- Methods of Coaching
- Resources to use in Cafeteria
- Coaching Example
- Planning for Success
- Aware of grant opportunity & how to apply

IOWA STATE UNIVERSITY
Extension and Outreach

What is Cafeteria Coaching?

Coaching Kids to Better Nutrition One Bite at a Time

Youth-led Coaching

- MS/HS Youth prepare monthly taste test
- Role modeling healthy behavior
- Motivators for making healthy choices



Purpose

- Youth Leadership Experience
- ↑ consumption of
 - Whole grains
 - Fruits
 - Vegetables
- Try new recipes
 - Feature on school menu
- Use foods that meet school requirements (nutrition, \$)
- Introduce local foods

IOWA STATE UNIVERSITY
Extension and Outreach

Cafeteria Coaching

- Playmakers
 - Middle School or High School Students
 - School Health & Nutrition Staff
 - Cafeteria Staff
- Mission
 - Encourage kids to try new foods & eat nutritious meals.

IOWA STATE UNIVERSITY
Extension and Outreach

What is a Cafeteria Coach?



- Older students role modeling to youth
- Motivating kids to try new foods
 - Even if just one bite
- YOU have the influence to **CHANGE** children's eating habits!!! 😊

IOWA STATE UNIVERSITY
Extension and Outreach

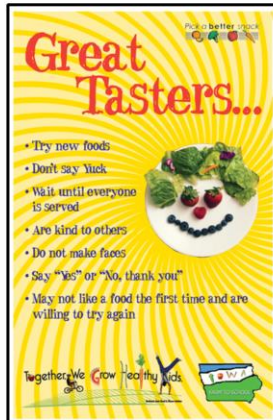
Why We Need Cafeteria Coaches

- Healthy kids learn better!
- Behavior change takes time
 - 10 time method
- Role Modeling
- Under-consumption of fruits & vegetables
- Over-consumption of sugar and fats



IOWA STATE UNIVERSITY
Extension and Outreach

Qualities of a Cafeteria Coach



- Eats school lunch often
- Outgoing; likes kids
- Encourage kids to try new foods without being forceful
- Understand Great Taster Rules
- Make eating fun for kids
- Volunteer one shift per month to build relationships with kids

IOWA STATE UNIVERSITY
Extension and Outreach

Types of Coaching

Sit and Eat

- Help students select foods for their tray
- Take a tray and sit with students
- Introduce yourself
 - Ask to eat with them
- Help cut food or opening milk carton – if needed
- Encourage to try foods
- Teach them what the foods are

Taste-test Server

- Sample of food offered in cafeteria @ lunchtime
- Have students & adults vote
 - Tried it
 - Liked it
 - Willing to Try it Again
- Sample Table or Walk around and offer samples

Page 2 for
Conversation
Starters

Helpful Hints as a Coach

Page 4,
Phrases

Role as a Coach

- Help student feel safe, welcomed & valued
- Let them decide how much to eat
- Model social skills
 - Inside voices
 - Eating etiquette
 - Use of utensils
 - Finish eating by dismissal time

Strategies to Avoid

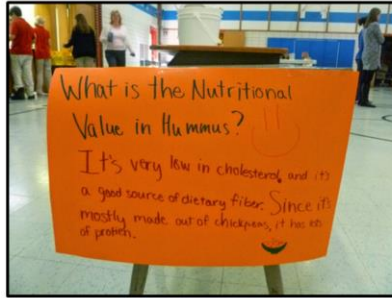
- Pressuring & Bribing
- Telling kids to eat it because it's "healthy"
- Rewarding kids for eating fruits & vegetables



IOWA STATE UNIVERSITY
Extension and Outreach

Coaching Example

- Use Fun Names
- Research & Share information about the food
- Have recipes to send home to parents
- Educate about nutritional benefits of school lunch
- Tally results from tasting & report the findings
- Work with food service to incorporate into school meals!



Tried It



Like It



Love it



IOWA STATE UNIVERSITY
Extension and Outreach

It's more than just a Taste Test

Nutrition is key to children's concentration in school, behavior and overall health.

Cafeteria coaches have the capability to change the way kids eat.

"It was fun working with the kids, which pushes me toward a teaching career."

"I like helping people and being a leader to the younger generation."

"I think that I helped the children learn how to eat right."

– Cafeteria Coaches

IOWA STATE UNIVERSITY
Extension and Outreach

Planning for Success



- Complete planning guide
 - Identify “passionate” Youth
 - Communication with school and food service
 - Conduct a training
 - See Youth Training Outline
- Utilize additional sources in training manual
 - Pages 7-14

IOWA STATE UNIVERSITY
Extension and Outreach

St. Joseph's – New Hampton



IOWA STATE UNIVERSITY
Extension and Outreach

Team Nutrition \$250 Cafeteria Coaching Sub-Grant Opportunity

Cafeteria Coaching

\$250 Sub-Grant Award Application

Sub-Grant Requirements:

- ✓ All activities and expenses must support Cafeteria Coaching activities.
- ✓ Application must be completed electronically.
- ✓ Gray boxes required, please be thorough.
- ✓ School must be a TeamNutrition.org school.

☐ Applications are due **February 12, 2016**
 ☐ Announcement of grants: **February 18, 2016**
 ☐ Final report due: **May 1, 2016**

Name of School District: _____

Address: _____

City: _____ **State:** IA **Zip Code:** _____

Contact Name: _____ **Position:** _____

Contact E-mail: _____ **Contact Phone:** _____

Names of team members helping to plan and implement the sub-grant:

Name	Position/Student

Please put checkmarks by the activities your school is interested in implementing, as a part of this Cafeteria Coaching sub-grant check all that apply:

☐ Taste testing of healthy foods

TEAM NUTRITION IOWA

Please submit completed application to:

Paula Delger - pauladelger@iowadhs.gov
 Green State Office Building
 400 E. 14th St. - Des Moines, Iowa 50319
 515.281.5476 (ext. 300) - 515.242.1000 (fax)

Team Nutrition is offering 15 \$250 sub-grants to assist with starting cafeteria coaching in your school cafeteria.

Activities may include taste testing of healthy food using cafeteria coaching methods, signage or education materials, farm to school or school garden efforts, or sub-pay reimbursement for planning time or training time to students/staff.

The sub-grant application is a one-page application that includes answering 3 questions about the activities you have planned to use the funds, that includes a simple budget. The application is due February 12th. I will let you know the following week if your school has been awarded and you can then begin making purchases. Your school will be reimbursed the funds after you turn in a brief description of the activity and submit receipts and documentation for payment of expenses. This is due May 1st.

The application, which is available in the webinar downloads, can be completed electronically and emailed to me. I encourage you to apply, to help fund a start to Cafeteria Coaching in your school. Student involvement and input is key to happy customers and increased participation in school meals.

\$250 Sub-Grant Requirements

- All expenses must support Cafeteria Coaching activities – taste test in cafeteria, educational materials, or signage
- Application due February 12, 2015
- Final Report due May 1, 2016



Questions?



Laura Liechty
ISU Extension & Outreach
lliechty@iastate.edu

Patti Delger
Iowa Dept of Education
patti.delger@iowa.gov

Carrie Scheidel
Iowa Dept of Education
carrie.scheidel@iowa.gov

IOWA STATE UNIVERSITY
Extension and Outreach